

Therapeutic Life Story Work

I would like to say thank you so much for providing me with the opportunity to attend the training at Family Futures on Therapeutic Life story work.

I attended the virtual training on the 23-25 Feb which was delivered by Sue Hughes, a really experienced social worker and pivotal member of Family Futures and Juspreet Dhanoa (Clinical psychologist). Both trainers had a lot of experience delivering such pieces of work and they both had a really nice comprehensive teaching style which was kind and focused. The links with DDP practice were skilfully presented and complemented an already existing therapeutic support.

The training enabled me to be much more confident in the way I approach this subject with young people. I understood the process of obtaining information and also the challenges and the value of life story work. It was amazing to see the 'real' examples presented by the trainers and to witness the creativity and the emotional expression which was shared during their presentations.

The training offered many ideas of how this work is possible and I really enjoyed the comprehensive use of the Trauma Nurture Timeline (TNT). This tool was really easy to use but also really effective and so clear.

The resources, case studies, videos, shared experience and role play offered so much knowledge and information on the process and it was great to watch and to take creative ideas of how to apply this in therapy. The presentation was smooth with really interesting materials and the resources and tools used by the therapists were very helpfully presented and shared for all of us to use.

Personally, I feel much more confident in working and delivering life story work and I am looking forward in developing my skills and practice in this area.

The emotional impact of this work for young people is great. It provides a meaningful opportunity to help young people build and develop a coherent narrative of their experiences. Understanding the past can solidify the young person's learning for the future, with a much clearer perspective of the factors which contributed to their life circumstances. Self-blame and persecutory fantasies can be de-mystified and questions can be answered.

I can see the value in helping young people make sense of their life journey and it enables participants to piece together aspects of a potentially fragmented life.

Once again, I am ever so grateful to FPSA for offering me the opportunity to attend and helping me develop my knowledge and skills further.

This is not a training seminar I would have been able to attend without the funding from FPSA and therefore I am feeling so lucky I have been able to access this opportunity.

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